

## Free Swimming for Over 60's

Free swimming will be available to all individuals over the age of 60 years as from the 1<sup>st</sup> April 2009 at both The Sovereign Centre and Motcombe Pool.

Swimming is one of the most popular ways for people in this country to keep fit. Your body works harder in the water, so 30 minutes in the pool is worth 45 minutes activity on dry land. This is a great way of staying healthy, however good a swimmer you are. And it's low impact, which makes it great for people who have problems with their joints or find exercise difficult.

We have listed some FAQ's to provide you with some extra information on this fantastic opportunity:-

**Q. When can I sign up for Free Swimming?**

A. Registration is taking place now. Download an application from this website or pick one up at the Sovereign Centre/Motcombe Pool. Take the completed application form to your chosen pool with a form of identity that demonstrates proof of age and we will do the rest.

**Q. Do I need to provide any further information?**

A. We will require a form of identity that provides proof of age. We will also need to take your photograph at the Centre using our PC. We will then process your application form and issue you with a membership card.

**Q. Do I have to be a resident of Eastbourne to swim for free?**

A. No – regardless of where you live you can take advantage of this fantastic opportunity.

**Q. When can I swim for free?**

A. Free swimming for the over 60's is available at The Sovereign Centre during all of our H<sub>2</sub>O Social Swim times (please see pool timetable for further information). At Motcombe free swimming is available at all General Swim times (please see pool timetable for further information). Alternatively telephone The Sovereign Centre on (01323) 738822 or Motcombe Pool on (01323) 410748

The Free Swimming Programme has been designed to extend opportunities to swim and to maximise the health benefits of wider participation in swimming. The Programme will contribute to the Government's ambition of getting two million more people active by 2012 and has critically been designed to attract new participants as well as encouraging existing swimmers to go more often, and to focus on sustaining increases in participation.

So if you are over 60 years of age there is no better time to visit your local pools and sign up. Download an application form now or pick one up at Reception at either the Sovereign Centre or Motcombe Pool.

We look forward to seeing you soon.